

KOIT-FM/HD-1

Issues/Programs Report

October – December 2013

**ISSUES/PROGRAMS REPORT
Q4 2013**

The following report details public affairs programming aired during the period October – December 2013.

For this period, issues ascertained to be of significant importance to the San Francisco/Bay Area included:

HEALTH

ECONOMY

CHILDREN'S ISSUES/PARENTING

EDUCATION

ENVIRONMENT

A summary of programs aired addressing these issues and full show descriptions follow.

Also, public service campaigns and community initiatives aired/conducted during the quarter are also detailed.

KOIT-FM/HD-1 PUBLIC AFFAIRS PROGRAM SCHEDULE

Q4 2013

SUNDAYS

<u>Time</u>	<u>Program</u>	<u>Type</u>	<u>Length</u>
5:30AM	Commonwealth Club	I	1 hour
6:30AM	Today's World	I	30 min
7:00 AM	Positive Parenting	I	30 min

Program Type Description: I = Interview Format, S = Speech w/ question & answer, E = Educational, O = Other

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

HEALTH

DATE	TOPIC	DURATION	PROGRAM
12-15-13	Author Mollie Katzen discusses her new cookbook and healthy vegetarian cooking	1 hour	Commonwealth Club
11-10-13	Practical strategies for “emotional first aid” – failure, rejection and other psychological injuries	30 minutes	Positive Parenting
12-08-13	Setting limits to preserve your sanity, focus, relationships and privacy	30 minutes	Positive Parenting
11-17-13	Cancer survivor Deniece Williams discussed her involvement with the “Relay For Life Events” along with volunteer Janita Lopez. Also discussed fundraising event “Nutcracker Folklorico”	30 minutes	Today’s World
12-15-13	Dr. Nirav Pandya and guests discuss their latest sports and physical therapy programs for youth and young adults at Children’s Hospital	30 minutes	Today’s World
12-29-13	The Body Positive implements educational programs that help transform weight, body image and identity. How to be a healthy and confident individual	30 minutes	Today’s World

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

ECONOMY

DATE	TOPIC	DURATION	PROGRAM
10-20-13	Guests from NPH: Non-Profit Housing discuss affordable housing in San Francisco and current rental market; economic impacts of living in SF	30 minutes	Today's World
12-22-13	HomeAid Northern California created to help build affordable housing for people in need – as well as various levels of homelessness in The Bay. Addressed economic impact of living in a high rent area	30 minutes	Today's World

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

CHILDREN'S ISSUES

DATE	TOPIC	DURATION	PROGRAM
10-06-13	A back to basics parenting plan from age 0-6	30 minutes	Positive Parenting
10-13-13	Why values and coping skills matter more than grades, trophies, etc.	30 minutes	Positive Parenting
10-20-13	The freedom on having and enjoying an only child	30 minutes	Positive Parenting
10-27-13	Conversations about child ethics and more	30 minutes	Positive Parenting
11-03-13	Helping socially challenged teens and young adults	30 minutes	Positive Parenting
11-17-13	Debunking myths of raising kids in a two-religion family	30 minutes	Positive Parenting
11-24-13	A healing guide for daughters	30 minutes	Positive Parenting
12-01-13	Smart parenting in a toxic sports environment	30 minutes	Positive Parenting
12-15-13	Protecting childhood and family relationships in the digital age	30 minutes	Positive Parenting
12-22-13	Teaching your children about safety and how to manage risk	30 minutes	Positive Parenting
12-29-13	A revolutionary program to help kids listen without nagging, reminding or yelling	30 minutes	Positive Parenting
10-27-13	Alum Rock Counseling Center in San Jose assists with high-risk youth, school failure, delinquency and family conflict	30 minutes	Today's World

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

EDUCATION

DATE	TOPIC	DURATION	PROGRAM
10-27-13	Biologist Richard Dawkins discusses debates about creationism, intelligent design and religion	1 hour	Commonwealth Club
11-17-13	Guests discuss unleashing creative potential in the brain and how they've translated these techniques to academia	1 hour	Commonwealth Club
10-13-13	Guests from Oakland's Children's Fairyland discuss community and educational projects for youth at the theme park	30 minutes	Today's World
11-03-13	Give Teens 20: an education-based non-profit providing career tools for students and young adults in The Bay Area	30 minutes	Today's World
12-08-13	Bruce Steivel, teacher and director of Bay Pointe Ballet school teaching youth and adults various forms of dance including ballet. Also talked about their "Nutcracker" event	30 minutes	Today's World

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

ENVIRONMENT

DATE	TOPIC	DURATION	PROGRAM
11-10-13	Former CIA Director and Sec. of State discuss petro-politics, energy supply and energy technologies	1 hour	Commonwealth Club
12-08-13	Singer/songwriter Graham Nash talks about his involvement in Musicians United for Safe Energy and his famous "No Nukes" concerts	1 hour	Commonwealth Club
12-29-13	US Secretary of Interior discusses economic impact of well-functioning eco-systems; clean water, etc.	1 hour	Commonwealth Club
10-06-13	Local Ecology & Agriculture Fremont on sustainable living	30 minutes	Today's World
11-10-13	Food Shift is a Bay Area organization promoting methods of reducing food waste; helping consumers with composting, etc.	30 minutes	Today's World

KOIT 2013 Q4 ISSUES + PROGRAMS REPORT SUMMARIES

MISCELLANEOUS

DATE	TOPIC	DURATION	PROGRAM
10-06-13	Guest author and law professor Randall Kennedy discusses affirmative action and the law	1 hour	Commonwealth Club
10-13-13	Producer Rebecca Eaton goes behind the scenes of "Downton Abbey" and "Masterpiece Theater."	1 hour	Commonwealth Club
10-20-13	News anchor Chris Mathews joins the show to discuss current politics	1 hour	Commonwealth Club
11-03-13	Gov. Bill Richardson shares his perspective on current foreign policy	1 hour	Commonwealth Club
11-24-13	Guests include political analyst Mark Halperin discuss their best-selling account of the 2008 presidential election	1 hour	Commonwealth Club
12-01-13	Cabinet Secretary Robert Reich on equality and inequality for all	1 hour	Commonwealth Club
12-22-13	White House correspondent Peter Baker discusses his new book chronicling the Bush/Cheney presidential era	1 hour	Commonwealth Club
11-24-13	Guests include members of West Bay Pilipino Multi-Service Center to talk about Typhoon Haiyan relief efforts; also staff from Caltrain talked about annual "Holiday Train" and toy drive	30 minutes	Today's World
12-01-13	Founders of GLIDE in San Francisco discuss 50 years of helping homeless and hungry in The City.	30 minutes	Today's World

KOIT-FM PUBLIC SERVICE ANNOUNCEMENTS

Q3 2013

“Wet Nose Wednesday”

Each Wednesday, KOIT runs a daylong series of PSAs promoting animal adoption from various Bay Area agencies. Featured pets are also spotlighted on KOIT.com and in our social media.

Number of PSAs aired during quarter: 60

“One Thing”

Several times each day, KOIT provides tips and information on how listeners can create a more sustainable world. Listeners are also directed to visit KOIT’s “One Thing” page- a rich resource for green ideas.

Number of PSAs aired during quarter: 198

Other PSAs aired during quarter and # airings:

East Bay Hire Event Garden Inn Emeryville	6x
SF SPCA Carnival	5x
Monster Mash Danville Fall Fest	4x
Lakeshore Plant Exchange Oakland	5x
Making Strides Against Breast Cancer Walk	7x
Walk to End Lupus Golden Gate Park	5x
Bubbles & Bling – Family House UCSF Childrens Hosp	6x
Natl Adoption Month/ Seneca Families	5x
San Francisco & Marin Food Bank – Thanksgiving	5x
Glide Memorial Church 50 Celebration	42x
West Bay Pilipino Multi-Service Center	51x

TOTAL PSAs AIRED DURING QUARTER ON KOIT: 399

Program Summaries

October – December 2013

Commonwealth Club National Radio **Program**

Program Lineup for Q4

October – December 2013:

Randall Kennedy: Race, Affirmative Action, and the Law

Randall Kennedy, Michael R. Klein, Professor of Law, Harvard Law School; Author, *For Discrimination: Race, Affirmative Action, and the Law*

LaDoris Hazzard Cordell, Former Municipal and Superior Court Judge, Santa Clara County - Moderator

Kennedy reckons with one of the most explosively contentious and sharply divisive issues in American society, sharing the little-known history of affirmative action and exploring the policy's pros and cons. Kennedy was awarded the 1998 Robert F. Kennedy Book Award for *Race, Crime, and the Law*. Now a professor at Harvard Law School, he formerly served as a law clerk for Justice Thurgood Marshall of the United States Supreme Court

AIR DATE: 10-06-13

Producer Rebecca Eaton: Inside "Downton Abbey" and "Masterpiece Theater"

In conversation with Dr. Mary Bitterman, President, The Bernard Osher Foundation; Past Chair, Commonwealth Club Board of Governors; Chair, PBS Foundation

The behind-the-scenes scoop on "Downton Abbey" and PBS' "Masterpiece" series from the executive producer who has made it a hit for nearly 30 years. Eaton's credits include "Downton Abbey," "Prime Suspect," "Bleak House," along with such films as Jane Austen's *Persuasion* and *Mrs. Brown*, starring Dame Judi Dench. Eaton's honors include 44 Primetime Emmy Awards, 15 Peabody Awards, 4 Golden Globes, and two Academy Award nominations. Queen Elizabeth II has honored her with an honorary OBE (Officer, Order of the British Empire) and in 2011, she was one of Time Magazine's "100 Most Influential People in the World."

AIR DATE: 10-13-13

Chris Matthews

Host, "Hardball with Chris Matthews," MSNBC; Author, *Tip and Gipper: When Politics Worked*
Michael Moritz, Managing Member, Sequoia Capital - Moderator

An established Washington insider, Matthews spent six years as a top aide and chief-of-staff to legendary Speaker of the House Tip O'Neill (D-Mass). During that time he witnessed the inner workings of the highest levels of American politics, including the evolving relationship between two of the most powerful men in the country – O'Neill and then-President Ronald Reagan. Now Matthews focuses on the unlikely friendship between the pair, which endured philosophical differences and bipartisan politics to reach much-needed compromise. Leaving behind a career in politics for journalism, Matthews has worked for the *San Francisco Examiner* and *San Francisco Chronicle* and has hosted "Hardball with Chris Matthews" since 1997

AIR DATE: 10-20-13

Richard Dawkins

Evolutionary Biologist; Author, *The Selfish Gene*, *The God Delusion* and *An Appetite for Wonder: The Making of a Scientist*

In conversation with **Kishore Hari**, Director, Bay Area Science Festival

Dawkins has been central to the debates surrounding creationism, intelligent design and religion. He coined the word meme, and his gene-centric view of evolution helped popularize the radical new understanding of Darwinism. Dawkins shares his personal experiences that shaped his remarkable life and intellectual development.

AIR DATE: 10-27-13

Governor Bill Richardson: How to Sweet Talk a Shark

Bill Richardson, Former Governor of New Mexico; Author, *How to Sweet Talk a Shark: Strategies and Stories from a Master Negotiator*

In conversation with **Jennifer Granholm**, Former Governor of Michigan

Richardson shares his stories and insights on the art of negotiation with Granholm, now distinguished practitioner of law and public policy at the Goldman School at UC Berkeley. Listen to his unique perspective on the current impasse in Washington as well as foreign policy challenges confronting the U.S.

AIR DATE: 11-03-13

OPEC Embargo + 40

George Shultz, Former U.S. Secretary of State

Jim Woolsey, Former CIA Director

Forty years after the 1973 OPEC oil embargo disrupted American life, we will look at petro-politics in the age of climate change. Today, oil production in the U.S. is booming and we're less dependent on foreign oil, thanks in part to the fracking revolution. But we won't be free from foreign dependence until domestic energy supplies and technologies supply as much as we use.

AIR DATE: 11-10-13

IDEO's Kelley Brothers: Unleash Your Creative Potential

David Kelley, Founder, IDEO; Co-author, *Creative Confidence: Unleashing the Creative Potential Within Us All*

Tom Kelley, Partner, IDEO; Co-author, *Creative Confidence: Unleashing the Creative Potential Within Us All*

In conversation with **Robert Sutton**, Professor, Stanford University; Author, *Scaling Up Excellence*

Creativity pioneers David and Tom Kelley have defined the very landscape of design-thinking with their founding of IDEO and the Stanford d.school, and with their iconic innovations in product, company culture and design education. Under the Kelley brothers' leadership, IDEO churned out several illustrious products of the digital generation — from the first mouse for Apple to the thumbs up/thumbs down Tivo button. They championed the avant garde approach of using design to tackle sticky problems and translated those techniques to academia. Now they've chronicled their design-thinking backgrounds into a compelling narrative, *Creative Confidence: Unleashing the Creative Potential Within Us All*, outlining principles and strategies to unlock the design-fertile right brain in each of us.

AIR DATE: 11-17-13

Mark Halperin and John Heilemann: Game Change 2012

Mark Halperin, Editor-at-Large and Senior Political Analyst, *Time*; Co-author, *Double Down: Game Change 2012*

John Heilemann, National Political Correspondent and Columnist, *New York Magazine*; Co-author, *Double Down: Game Change 2012*

John Heilemann and Mark Halperin set the national conversation on fire with their best-selling account of the 2008 presidential election, *Game Change*. Now, they apply their unparalleled access and storytelling savvy to the 2012 election, rendering an equally compelling narrative about the circuslike Republican nomination fight, the rise and fall of Mitt Romney, and the trials, tribulations and Election Day triumph of Barack Obama. Heilemann and Halperin offer a panoramic account of a campaign at once intensely hard fought.

AIR DATE: 11-24-13

Robert Reich: Inequality for All

Robert Reich, Chancellor's Professor of Public Policy, University of California, Berkeley; Former Secretary of Labor

Time magazine named Reich one of the 10 most effective Cabinet secretaries of the 20th century. He is a founding editor of the *American Prospect* magazine and chairman of Common Cause.

AIR DATE: 12-01-13

Graham Nash

Singer; Songwriter; Author, *Wild Tales: A Rock & Roll Life*

In conversation with **Greg Dalton**, Founder and Host of Climate One

From the sounds and feelings to the girls and parties, Nash conveys the unforgettable adventures of his life through his autobiography, *Wild Tales: A Rock & Roll Life*. But it's not just a relic of history. His lyrics inspired generations to "teach your children well," and Nash is a living reminder that we are the stewards of our own future. He came onto the music scene in a generation that was pushing social norms and has since become a true renaissance man. Nash co-founded Musicians United for Safe Energy and led its famous No Nukes concerts. He maintained a parallel career in photography as a collector, a pioneer of digital imaging and an artist, capturing the often overlooked elements of everyday life.

AIR DATE: 12-08-13

Mollie Katzen

Mollie Katzen, Author, *The Heart of the Plate: Vegetarian Recipes for a New Generation* and the *Moosewood Cookbook*

In conversation with **John Birdsall**, Senior Editor, Chow.com

From the woman who brought you the iconic Moosewood Cookbook comes a new cookbook for a new generation. Katzen has just released *The Heart of the Plate*, serving up 250 recipes for hungry vegetarians everywhere.

Hailed by *The New York Times* as “one of the best-selling cookbook authors of all time,” Katzen is widely credited with having brought vegetarian cuisine into the mainstream.

AIR DATE: 12-15-13

Peter Baker

Peter Baker, Senior White House Correspondent, *The New York Times*; Contributing Writer, *The New York Times Magazine*; Author, *Days of Fire: Bush and Cheney in the White House*

Joel Brinkley, Hearst Visiting Professional in Residence, Stanford University; Former Editor and Reporter, *The New York Times* - Moderator

Baker’s new book *Days of Fire* narrates two profoundly significant and conflicted presidential terms of George W. Bush and Dick Cheney marked by 9/11, Iraq, Katrina, jihad, nuclear proliferation, genocide, and economic collapse. Baker researched the book for five years and conducted interviews with more than 200 players – White House aides, cabinet secretaries, generals, senators and congressmen, relatives and friends of both men – to help reveal the truth of Bush and Cheney’s complicated and shifting relationship.

AIR DATE: 12-22-13

Sally Jewell

U.S. Secretary of Interior

In conversation with **Greg Dalton**, Founder and Host of *Climate One*

Increasingly, corporations and public officials are starting to measure the economic impact of well-functioning ecosystems. For example, streams clean water and wetlands can buffer communities from storm surges. At the same time, the United States is experiencing an energy boom and domestic production of fossil fuels is rising as part of President Obama’s “all of the above” energy strategy.

AIR DATE: 12-29-13

TODAY'S WORLD Q4 2013

Program Synopsis

October – December 2013

“LEAF: Local Ecology & Agriculture Fremont” featuring Mia Mora, Project Manager. AIR DATE October 6, 2013

Through collaborative teaching, learning and community dialogue about growing healthy food, LEAF seeks to promote a vibrant, interconnected, resilient and joyful community. Mia Mora joined the show to discuss LEAF and their dedication to offering healthy alternatives to existing, non-sustainable practices.

“Children’s Fairyland” featuring C.J. Hirschfield, Executive Director.

AIR DATE October 13, 2013

Our guest joined the program to talk about Children’s Fairyland’s rich history in the Bay Area for the past 63 years. We also discussed extensive outreach community projects and programs (including theater) for kids of all ages.

“NPH: Non-Profit Housing Association of Northern California” featuring Dianne Spaulding, Executive Director and Phillip Killbridge, President of Board. AIR DATE October 20, 2013

NPH has been instrumental in strengthening the local, regional and statewide movement on affordable housing and supportive services. Our guests discussed how membership has grown steadily to include individual activists, local governments, affordable housing development corporations, leading financial institutions, environmental non-profits, faith-based organizations and community development corporations. NPH offer many other resources and professional training as well.

“ARCC: Alum Rock Counseling Center” featuring Stephanie Demos, Director of Communications and Andrea Urtin-Hayward, Director of Operations. AIR DATE October 27, 2013

For over 40 years, Alum Rock Counseling Center (ARCC) has addressed the damage of family conflict, school failure and delinquency among high-risk youth, producing responsible community members and a healthier, more vibrant San Jose. ARCC offers practical, proven programs and solutions to families when and where they need them most.

“Give Teens 20” featuring Kathy Laidlaw, Organization President and Maluck Nawabi, Student and Advisory Council Member. AIR DATE November 3, 2013

Our guests joined us to talk about GT20. They are an education-based non-profit dedicated to providing tools for career decisions for students and young adults via various methods including coaching high school students with on-site presentations and with corporate partners. Students learn and harness tools needed to find a career “fit.”

“Food Shift” featuring Dana Frasz, Founder and Director. AIR DATE November 10, 2013

Dana joined the program to discuss methods Food Shift works in The Bay Area to help reduce food waste. They also work with local restaurants and high schools. Food Shift gives consumers ways to reduce waste and help our fresh water resources in the process. Over 40 percent of all food purchased is never used (thrown out via leftovers, etc.).

“EBCPCA & Relay For Life” featuring Janita Lopez, Communications Liason and Deniece Williams, Cancer Survivor and Relay For Life Member. AIR DATE November 17, 2013

Janita joined the program to discuss her work with EBCPCA: East Bay Center for the Preservation of Cultural Arts and Mexico Danza – which help enrich youth via cultural arts programs such as their yearly event “Nutcracker Folklorico.” Janita also works on a Bay Area Relay For Life Team with cancer survivor and friend Deniece Williams. Deniece talked about her cancer journey and work on Relay For Life.

“West Bay Pilipino Multi-Service Center & Caltrain Holiday Train” featuring Vivian Zalvidea, Communications Director and Rudy Asercion, Executive Director of West Bay. Caltrain guest was Christine Dunn, Public Information Officer.

AIR DATE November 24, 2013

Our guests from West Bay came on board to discuss Bay Area relief efforts to assist Typhoon Haiyan victims in The Philippines. Our Caltrain guest came on board to talk about the annual Caltrain Holiday Train cruising in early December 2013 up and down the Caltrain corridor. They’ve teamed up for this event which is also a holiday toy drive.

“GLIDE” featuring Rev. Cecil Williams and Jan Mirikitani, Founding Members.

AIR DATE December 1, 2013

Cecil & Jan came on the show to talk about GLIDE Foundation’s 50th Anniversary and many accomplishments in helping Bay Area communities with a wide list of services. We also talked donations, holiday toy and food drives as well as the “Glide 50” fundraising event.

“Bay Pointe Ballet” featuring Bruce Steivel, Artistic Director.

AIR DATE December 8, 2013

Bay Pointe Ballet is a new, non-profit 32 member professional ballet company lead by internationally acclaimed artistic director Bruce Steivel. We talked the arts, and why so many people love “The Nutcracker” during the holidays. We also discussed classes and programs offered for youth and adults interested in dance at Bay Pointe Ballet in Burlingame.

“Children’s Hospital & Research Center Oakland” featuring Dr. Nirav Pandya, Pediatric Orthopedic Surgeon also Twan Mai, Physical Therapist and Sulaman Hameed, Senior at Alameda High School & Patient. AIR DATE December 15, 2013

Staff and patient from Children’s Hospital stopped by the show to talk about the latest advances in their facilities as well as their new Pediatric Sports Medicine department. Sulaman Hameed discussed his experience at the hospital following a major injury. We also talked the Holiday of Hope Radiothon (December 16, 2013) and also need for donations to keep the hospital’s programs going for youth and young adults.

“HomeAid Northern California” featuring Cheryl O’Connor, Executive Director.

AIR DATE December 22, 2013

HomeAid was created and is supported by the building industry to address and solve the problem of homelessness. Our guest talked about their mission to build and maintain dignified housing where homeless families and individuals can rebuild their lives. HomeAid is the only organization of its type that utilizes professional management and construction personnel to build the projects and the only one able to generate significant leverage as a result of the donations of the homebuilding industry and contractors. We also talked about the San Francisco housing crunch affecting many lower income residents.

“The Body Positive” featuring Connie Sobczak, Executive Director & Co-Founder.

AIRED December 29, 2013

Formed in 1996, The Body Positive's mission is to implement educational programs that transform individual and societal beliefs about weight, body image, and identity. The result is a growing national movement of healthy, confident individuals contributing to positive change in the world. Our guest discussed their work with many schools in the area to raise awareness as well as other programs offered.

Positive Parenting

Program Lineup for Q4

October – December 2013:

10/06/13

Alanna Levine, author of *Raising a Self-Reliant Child*.

Topic: A back-to-basics parenting plan from birth to age six.

Issues: Instilling independence in our children from the start; healthy sleep habits; self-discipline; potty training; conflicts with siblings and friends; problem solving and decision making; the dangers of praising too much.

10/13/13

Madeline Levine, author of *Teach Your Children Well*.

Topic: Why values and coping skills matter more than grades, trophies, and “fat envelopes.”

Issues: Learning to shift our focus from the excesses of hyperparenting and the unhealthy reliance on our children for status and meaning to a parenting style that concentrates on both enabling academic success and developing a sense of purpose and well-being.

10/20/13

Lauren Sandler, author of *One and Only*.

Topic: The freedom of having an only child, and the joy of being one.

Issues: What are only children really like? Debunking stereotypes and myths about “onlies”; the benefits to children, relationships, and society of having—and being—an only child.

10/27/13

Michael Parker, author of *Talk with Your Kids*.

Topic: Conversations about ethics and more.

Issues: Where do kids get their values? Why learning to think consciously about ethics is at least important to our children as academic learning; Conversation starters about honesty, friendships, sensitivity, fairness, dedication, and more; ground rules for conversations with your kids.

11/03/13

Elizabeth Laugeson, author of *The Science of Making Friends*.

Topic: Helping socially challenged teens and young adults.

Issues: Rules and steps for social skills; ideas for parents to assist in improving conversations; how to expand social opportunities; handling peer rejection and bullying; developing and enhancing friendships.

11/10/13

Guy Winch, author of *Emotional First Aid*.

Topic: Practical strategies for treating failure, rejection, guilt, and other psychological injuries

Issues: How to ease the sharp pain of rejection; how to stop the devastating ache of loneliness or disappointment of failure; how to recover from low-self-esteem or loss; how to deal with nagging guilt; much more

11/17/13

Susan Katz Miller, author of *Being Both*.

Topic: Embracing two religions in one interfaith family

Issues: The growing phenomenon of dual-faith relationships; debunking the myth that raising children with two religions confuses children; the benefits of learning two faiths; how the interfaith experience enriches children, makes them more tolerant, encourages them to ask meaningful questions, and sparks creative thinking.

11/24/13

Susan Forward, author of *Mothers Who Can't Love*.

Topic: A healing guide for daughters

Issues: The old cliché says that women marry their fathers—turns out, they marry their mothers; five types of mothers who can't love: (severely narcissistic, overly enmeshed, control freak, mothers who need mothering, mothers who betray and neglect); recognizing the links between past and present—and how to make lasting changes.

12/01/13

Luis Fernando Llosa, co-author of *Beyond Winning*.

Topic: Smart parenting in a toxic sports environment

Issues: Why kids shouldn't do organized sports until about age 11; the importance of *not* trying to live your sports fantasies through your children; avoiding bullying, trash talk, and elitism; picking sports based on your child's developmental stage; suggestions for how to revamp the youth sports industry.

12/08/13

Anne Katherine, author of *Boundaries in an Overconnected World*.

Topic: Setting limits to preserve your focus, privacy, relationships, and sanity

Issues: Making social media, smart phones, and other devices work *for* you rather than against; tips to keep you focused at work and home; how to tell whether you've got a tech boundary problem; protecting your identity and your reputation; what to do if you can't set boundaries for yourself (or your family).

12/15/13

Catherine Steiner-Adair, author of *The Big Disconnect*.

Topic: Protecting childhood and family relationships in the digital age.

Issues: How technology can put children's development at risk; how tech is keeping children from forming close interactions with the adults in their life; plus insights.

12/22/13

Guest: Gever Tulley, author of *50 Dangerous Things You Should Let Your Children Do*.

Topic: Teaching your children about safety by helping them learn to manage risk.

Issues: Exciting ways for your children (and you) to explore the world around them; melting glass, walking a tightrope, tasting electricity, throwing things out of moving cars, deconstructing appliances, and more.

12/29/13

Guest: Amy McCready, author of *If I Have to Tell You One More Time...*

Topic: The revolutionary program that gets your kids to listen without nagging, reminding, or yelling.

Issues: Why kids ignore; why parents keep nagging; getting kids to actually want to listen